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The Masters are intended as an aid to teachers and are not a definitive course outline or summary. They represent the authors' interpretation and approach and are not endorsed by any governing body. They provide the individual teacher with the opportunity to mould them to suit their circumstances and thereby satisfy themselves that they have adequately met the requirements of their courses.

Any similarities to existing worksheets are coincidental.



Participation in sport improves health, fitness and skill as well as providing relaxation and social interaction. However, sport and physical activity also involve some elements of risk.

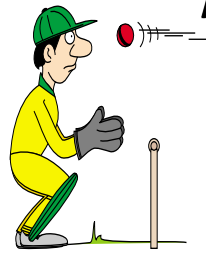
Administrators, managers, coaches, fitness staff, trainers and athletes are all stakeholders in sport and all have a duty of care regarding safe sporting participation and reducing the risks of injury. It is critical that they all involve themselves in sport in a reasonable and responsible manner and ensure that none of their actions could be seen as negligent in a court of law.

1. Explain the duty of care that applies to each of these participants in sport :
 - (a) Administrators
 - (b) Managers
 - (c) Coaches
 - (d) Fitness trainers
 - (e) First aid staff
 - (f) Umpires
 - (g) Athletes

2. Choose one of the categories in question 1 above and design a brief “risk management plan” with regards to identifying risks and the appropriate tasks and behaviours that are required in that role.

3. When you participate in physical education classes your PE teacher has a duty of care. Explain the role of the PE Teacher in providing a safe environment for school phys ed and sport.

4. In what circumstances could it be argued that a person was negligent and did not provide adequate duty of care in a sporting environment ? Discuss using sporting examples.



Participation in sport involves some risk so it is important that all participants (both on and off the field of play) think about ways of preparing for and participating in sport and physical activity that will minimise the risks of injury or harm.

TASK :

Explain how the following preventative measures will help reduce the risk of sports injuries :

- (a) policy implementation.
- (b) physical preparation of athletes.
- (c) warm ups and cool downs.
- (d) rule modifications.
- (e) ensuring safe facilities and grounds.
- (f) the use of appropriate and safe equipment.
- (g) enforcing the wearing of protective equipment.
- (h) correct footwear.
- (i) taping and bandaging.
- (j) proper coaching / teaching
- (k) knowledge of rules and safety procedures
- (l) proper classification of athletes (age / physical maturity / skill / experience / gender)



The technological advancements in protective equipment for athletes have enabled them to participate in a safer environment with a reduced chance of injury.

Complete the table below to highlight the benefits of protective equipment in reducing sports injuries.

| SPORT | PROTECTIVE DEVICE | INJURIES PREVENTED | HOW DOES THE DEVICE REDUCE INJURY RISKS ? |
|-------|-------------------|--------------------|---|
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There are many benefits of being physically active but exercise and sport can also pose the risk of injury.

Protective equipment and modifications to rules and facilities need to be considered in risk management planning as they can help prevent injury and maximise participation.

1. PROTECTIVE EQUIPMENT :

Identify ten items of protective equipment available to today's athletes and the injuries they are designed to prevent.

| SPORT | PROTECTIVE EQUIPMENT | INJURIES PREVENTED |
|-------|----------------------|--------------------|
| | | |
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2. RULES :

Identify ten rules in sport designed to reduce the risks of injuries to the participating athletes.

| SPORT | RULE | INJURIES PREVENTED |
|-------|------|--------------------|
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3. FACILITIES :

Identify five ways in which sporting environments are designed reduce the risks of injuries to the participating athletes.

| SPORT | FACILITY MODIFICATION | INJURIES PREVENTED |
|-------|-----------------------|--------------------|
| | | |
| | | |
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Sports Medicine Australia is a national body leading the way in promoting the health of Australians through safe participation in physical activity, recreation and sport.

Its website is informative and can be found at - www.sma.org.au

Prepare a written report on the role of Sports Medicine Australia in sport and physical activity.

1. What is the SMA ?
Explain its Vision, Mission and Values.
2. Briefly outline the SMA policies on the following :
 - (a) exercising in hot weather
 - (b) infectious diseases
 - (c) active children
 - (d) active women
 - (e) active older people
3. SMA is also involved in sorts first aid and providing resources, injury reporting forms and medical profile forms.
Briefly explain the policies for
 - (a) Asthma
 - (b) Concussion
 - (c) Dental injuries
4. SMA manages a number of community programs.
Explain the aims and functions of the following SMA programs :
 - (a) Smartplay (www.smartplay.com.au)
 - (b) Oz on the Move (www.ozom.org.au)
 - (c) Cleanedge (www.cleannedge.com.au)
 - (d) Sports Injury Tracker (www.sportsinjurytracker.com.au)
5. What is the “ Australian Sports Injury Data Dictionary ? Explain its aim and implementation.

1. Explain why it is important to get a medical check up before undertaking a weight training program.
2. Describe the procedure you should use when first commencing a new weightlifting program.
3. Outline the correct breathing technique used in weight lifting and why it is important.
4. What are some important things which need to be considered to maintain a safe environment in the weight room?
5. (a) What is the role of the “spotter”?
(b) In which phases of the lift should the spotter assist the lifter? How should they assist?
6. “Resistance training is harmful to pre-adolescent and adolescents”.
(a) Is this statement true?
(b) Outline the precautions which should be taken by younger athletes involved in a resistance training program.
7. Read the following account of a weight training session and identify the “unsafe practices” which are evident. Explain the correct procedures and techniques which should be used.

John enters the weight room places his towel, drink bottle and top on the floor.

He moves straight to the squat machine and with his hips angled at 45° from his shoulders he performs deep knee squats.

The next exercise in his program is the bench press. He loads the bar with 40kg more than the last session even though he had trouble completing the positive phase of the lift.

He picks up a large barbell from the floor with straight legs and proceeds to perform rapid tricep extensions. Even though he feels pain in his elbow joint he continues and completes two sets.

The next exercise involves dumbbell lunges in which his knees are projected in front of the toes.

Still using dumbbells he takes one in each hand, leans forward from the waist (trunk and hips at 90°) and performs lateral flys.

In the last phase of the program the focus is on core body strength. He completes a range of exercises which include; straight leg sit ups, double leg raises and abdominal curls with hands interlocked behind the neck.

At the end of the session he performs a “cool down” which involves a range of stretching exercises:-

- bouncing hamstring stretches - no hand support
- side stretches with both hands extended overhead
- quadricep stretch with feet either side of buttocks
- trunk circling

John is not thirsty at the end of the session and doesn't drink any water even though his water bottle is still almost full.

There are inherent risks associated with participation in physical activity. Whether conducting an event or organising a training session it is the responsibility of those in charge to assess the risks involved in participation through the use of an objective procedure.

An assessment of the environmental conditions in relation to accepted guidelines will help prevent environmental risk factors impacting on the athlete.

Task 1:

Research the risk factors associated with the development of hypothermia and develop a set of guidelines to assess and manage the risk of developing hypothermia in a sporting environment.

1. Under what cold related environmental circumstances would you not participate in physical activity?
2. If the weather conditions were not extreme what management strategies would you adopt to reduce the risk of hypothermia developing.
3. List the symptoms of hypothermia.
4. If an individual displayed symptoms of the onset of hypothermia what treatment procedures would you use?

Task 2:

Research the risk factors associated with the development of hyperthermia and develop a set of guidelines to assess and manage the risk of developing hyperthermia in a sporting environment.

1. Under what heat related environmental circumstances would you not participate in physical activity?
2. If the weather conditions were not extreme what management strategies would you adopt to reduce the risk of hyperthermia developing.
3. List the symptoms of hyperthermia.
4. If an individual displayed symptoms of the onset of hyperthermia what treatment procedures would you use?

Task 3:

1. Discuss how the following environmental conditions impact on the risk of participation in physical activity:-
 - i. ground conditions
 - ii. storm activity
 - iii. light levels
2. Outline the risk management procedures you would adopt to reduce the risk 'associated with the above environmental conditions.'

Task 4:

1. Discuss who is responsible in a club environment, for the implementation of assessment and management strategies related to risks associated with participation in physical activity.
2. Whose responsibility is it to ensure that individuals in charge of athletes are aware of the accepted guidelines related to environmental risks? Discuss.



Regardless of the precautions taken, injuries will occur in sport. It is vital that all clubs have a system of injury management that clearly defines areas of responsibility and standard procedures.

1. Outline the responsibility of the following in the injury management system:-
 - Club administration
 - Trainers
 - Coaches
2. Which individuals in the club should have first aid training? To what level should they be trained?
3. Describe what should happen in a player's injury management process once they have received first aid.
4. Identify the information that should be recorded by the trainer in relation to a player's injury.
5. Discuss the process which should be followed if the player is unable to be cleared from the injury at the first training session following the incident.
6. Who is responsible for clearing players from injury?
7. Describe the process that should be followed once the player is cleared from injury until they are able return to competition.



Mike is a physical education teacher ranked fourth in Australia in the 30-35 age group over the ironman triathlon distance. In order to achieve his results he follows a gruelling training schedule which is outlined below.

| Day | Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----|------------------------------|---------------------------------|---------------------------------|-----------------------------|------------------|--------------------------|--------------------|
| AM | Endurance Ride 150 - 200k | Swim 2.5 k (short intervals) | Weights | Swim 3k (long intervals) | Weights | Swim 3 k (continuous) | - |
| PM | - | Run 10k (hills) | Ride - 30 - 40k (time trial) | Run - 10-15k (intervals) | Ride 60 - 80k | - | Long run 20-30k |

As the new season approaches Mike's performances in training time trials are not improving and a number of times recorded are worse than those for last season. In response to this Mike increases the intensity of his workouts. Times don't improve and a week prior to the first event of the season he is struck down by a severe case of the flu. He goes to the doctor and the results of his check up are summarised below.

Medical Report


Mike Triathlete

Symptoms:

- loss of appetite
- insomnia
- constant fatigue

Test Results:

- Resting heart rate: 100 bpm
- Blood Pressure: 140 mm Hg
90
- Haematocrit level: 36%
- ECG: Abnormal



1.
 - (a) What do you think is wrong with Mike?
 - (b) What symptoms identified from the check-up indicate that he is suffering from this condition?
2.
 - (a) Why didn't increasing his training intensities improve his times?
 - (b) Explain how this contributed to the development of his illness.
3. Outline what Mike needs to do to recover from this illness.
4. Discuss the importance of rest to the success of a training programme.

The information below is an extract from Rohan Cycle's training diary. Rohan is training for a triathlon and is working at near maximum intensities in each training session. He has been training for six weeks completing the same training routine each week.

Training Diary

Monday 6.3

Swimming Session - 5 X 200m at 80% max with 1min rest between reps. HR: 186 bpm

After last rep got out of the pool. Felt soreness and heaviness in arms for about two hours following session.

Tuesday 7.3

Ran 8k. Hard session, never felt comfortable found it difficult to maintain 4min km pace. Hot and humid conditions.

Time: 24:30

Heart Rate Response: 5min - 140 bpm 10min - 162bpm 15min - 178 bpm 20 min - 182 bpm 24:30 min - 188 bpm

Wednesday 8.3

Swam 1.5k with goal of 23:30. HR: 182bpm

Time recorded:- 23:14 Pushed really hard towards the end to achieve goal time.

Thursday 9.3

Ran 25k over a hard hilly course, good achievement as its the first time I've run over 15k. Pretty fatigued at the end of the run, felt sore in quads as day dragged on. Hot and humid conditions.

HR: 190 bpm

Friday 10.3

Extreme pain in quads as I struggled out of bed to go swimming. Completed session:-

10 X 100m / 10 X 50m / 10 X 25m. HR: 180 bpm

Legs felt a little better at end of session, but sore during day.

Saturday 11.3 Rode 100k Time taken:- 3hours 50min. Average temp: 28° C Felt good for first 2 1/2 hours but fatigued rapidly and last hour of ride was difficult and slow. Only carried one water bottle which I couldn't fill until about 85k.

HR: 25k - 160bpm 50k - 166bpm 75k - 186bpm 100k - 190bpm

Sunday 12.3 Rode 80k over flat fast terrain in hot and humid conditions with a large group of experienced cyclists. Time taken: 2 hours 20 min

HR: 20 k - 168bpm 40 k - 172bpm 60k - 180bpm 80k - 182bpm

1.
 - (a) What caused the pain in Rohan's arms following *Monday's swimming session*?
 - (b) Describe what Rohan should have done at the end of the session, and how this could have promoted recovery.
 - (c) In the swimming session on Friday Rohan completes his sets of 25m sprints with 30 seconds recovery between each rep. The duration of his recovery allows only partial replenishment of anaerobic energy stores. Which energy stores are being replenished during this recovery and why does partial replenishment of these cause fatigue?
2. Read Friday's diary entry.
 - (a) State the type of muscle soreness Rohan is experiencing.
 - (b) Outline one possible cause of this type of soreness and why it was particularly evident in the quadriceps muscles.
 - (c) Describe one procedure he could apply in recovery to reduce the soreness in his legs.
3.
 - (a) Which fuel source would have been depleted during *Saturday's ride*?
 - (b) Discuss why Rohan's work output reduced significantly after these fuel stores were depleted.
 - (c) Based on the information provided in the training diary what was another significant cause of fatigue. Discuss the impact this has on blood volume and blood flow to muscles and how this influences the supply of O_2 to working muscles.

4. Rohan is training seven days a week fitting in a session before and after work. Prior to each training session he measures his resting heart rate. The table below indicates his resting heart rate over the past 6 weeks.

| Week | 1 | 2 | 3 | 4 | 5 | 6 |
|------------------|----|----|----|----|----|----|
| Resting HR (bpm) | 52 | 52 | 60 | 66 | 72 | 80 |

- (a) What could Rohan's increase in resting heart rate be indicating?
 - (b) Discuss the impact this could have on Rohan's health and performance.
5. In the six weeks of training Rohan has developed a number of upper respiratory viral infections which he has found too difficult to recover from.
Discuss the strategies Rohan could use in the following areas to better manage his training schedule:-
 1. Managing physical training loads
 2. Managing psychological stress
 3. Limiting environmental stress
 4. Reinforcing basic self-management skills

Overuse injuries are seen as the most common class of sporting injuries. Inflammation caused by repetitive trauma results in injuries such as tendonitis, stress fractures and ligament strains. Intrinsic and extrinsic risk factors contribute to the development of overuse injuries. Intrinsic factors are biomechanical abnormalities including misalignment, muscle weakness and imbalance and inflexibility. Extrinsic factors, which are avoidable include poor technique, inappropriate training loads, poor equipment and environmental conditions.

The pain experienced by the athlete can vary from stiffness and mild soreness which is gone in 24 hours to constant pain which inhibits activities of daily living and disrupts sleep.

Coaches and medical staff need to be pro-active in the first instance to establish training strategies which protect the athlete from the development of overuse injuries. If injury does occur then there needs to be a systematic approach to the diagnosis and treatment of the athlete.

An interdisciplinary approach is needed in the management of the injury. Five distinct phases in this management process can be identified:-

1. Diagnosis
2. Controlling inflammation
3. Initiating healing
4. Increase fitness
5. Control cause

A program should be developed to ensure a progressive return to training and the athlete's response to training loads should be closely monitored.

Case Study :

Rob is training for a 4.5km open water swim and has been experiencing right shoulder pain for 4 weeks. Over the past six weeks Rob has increased the number of sessions from 3 per week to six and has doubled the distance swum from 2k per session to 4k. As part of his training he undergoes a stroke analysis and is surprised to find that his right arm pulls out to the side placing increased stress on his shoulder. A test of upper body strength and flexibility reveals a weakness in the right deltoid and poor shoulder flexibility. Correcting the stroke disturbs his breathing pattern so he returns to his normal stroke. Initially he felt a stiffness in his shoulder following his training sessions, but the pain has intensified over the past week disturbing his sleep and causing constant aching. He stops training for a week takes anti-inflammatory drugs and the pain subsides. He returns to his training program completing the same intensities and distances prior to his week off. The shoulder pain returns quickly and he often experiences sharp pain when completing daily activities such as lifting and gardening, but as the swim is in two weeks he continues his training to prepare for the competition.

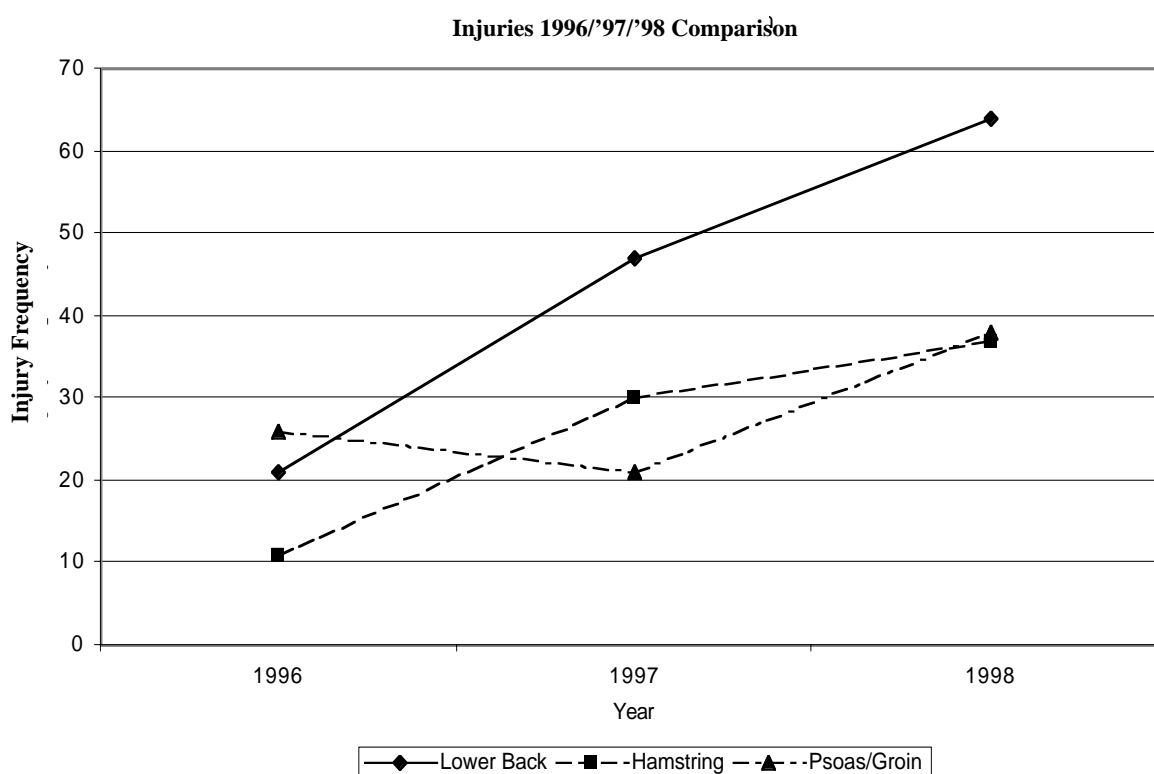
1. Identify extrinsic and intrinsic factors which have contributed to the development of the shoulder injury.
2. How severe is Rob's overuse injury? Discuss.
3. As well as controlling inflammation in his week off training what other treatment strategies should Rob have employed?
4. In which specific areas should Rob increase his fitness? Discuss how this will assist the treatment and reduce the onset of an overuse injury.
5. Discuss the strategies Rob could use to control the cause of his overuse injury.

The data presented below identifies the leg injuries sustained during a season by players at Springvale Football Club in the VFL.

| Body Region | Type of Injury | | | | | |
|-------------|----------------|-------------|----------|------------|-------|-----------|
| | Bruise | Strain/Tear | Fracture | Laceration | Graze | Infection |
| Buttock | 3 | 2 | - | - | - | - |
| Hamstring | - | 16 | - | - | - | - |
| Quadriceps | 32 | 17 | - | - | - | - |
| Knee | 4 | 21 | - | - | 4 | - |
| Calf | 18 | 8 | - | 1 | 1 | 1 |
| Shin | 6 | 4 | 1 | - | 1 | - |
| Lower leg | - | 2 | - | 2 | - | - |
| Ankle/Foot | 5 | 26 | 1 | - | - | - |

1. Which body region sustained the most number of bruising injuries? Discuss how the nature of Australian Rules results in a high incidence of this type of injury.
2. Identify the two most common body regions to suffer strains and tears during this season.
3. Discuss how weight training can be use in the prevention and rehabilitation of these types of injuries.
4. Describe the preventative measures players returning from these injuries can use to reduce their recurrence.

The graph traces incidence of lower back, hamstring and psoas/groin injuries.



5. Describe the trend in injuries as indicated on the graph. What factors could have contributed to this?
6. An analysis of 1998's injuries indicates that 20% of hamstring injuries are occurring at training. Outline player management strategies which could reduce the incidence of training injuries.

7. Outline a series of exercises which could be completed by players to reduce the incidence of these injuries occurring.
8. The medical staff of the team have become concerned in relation to the number of players suffering re-occurring hamstring injuries. They believe that a number of players have been “fast-tracked” back into the side as they are integral to team performance.

Outline a process which could be used to manage players return in order to determine that the player:-

- demonstrates sport specific function
- is psychologically ready to return to the team

| Player | Type of Injury (Frequency) | | | | | | |
|-------------|-------------------------------|-----------|--------------|-------------------|------|-------|-------|
| | Lower Back | Hamstring | Upper leg | Lower leg/foot | Knee | Psoas | Groin |
| Caples J | 3 | 2 | - | - | - | 1 | - |
| Evans B | - | - | - | - | - | - | - |
| Carroll J | 3 | 3 | 1 | 2 | 2 | - | - |
| Joy M | 2 | 1 | - | - | 2 | - | 1 |
| Shaw D | 1 | - | 2 | - | 1 | 1 | - |
| Ford K | 4 | 3 | 4 | 4 | 1 | - | 2 |
| O'Donnell K | - | - | 3 | 1 | - | - | - |
| Logan B | - | - | - | - | - | - | - |
| Little A | - | - | - | 1 | - | - | - |
| Willoghby | - | - | - | 1 | - | - | - |
| Smith S | 2 | 1 | 1 | 3 | - | 1 | - |

9. Which of the playing group are most at risk of suffering re-occurring hamstring and lower back injuries?
10. Discuss the role of the following people in assessing and managing the above player's risk :-
 - coaches
 - fitness advisors
 - medical staff - doctors / physiotherapists / trainers
 - individual players
11. In season 1997 a total of 404 injuries were suffered by players. These have been divided into the following categories:

Pre-season: 129 injuries

| Season: | Missed Matches | Missed Training | Other |
|-----------|----------------|-----------------|-------|
| April | 7 | 35 | 7 |
| May | 6 | 23 | 5 |
| June | 7 | 20 | 14 |
| July | 16 | 28 | 20 |
| August | 12 | 27 | 27 |
| September | 3 | 7 | 11 |
| Total | 51 | 140 | 84 |

Based on this data explain why it is vital for the club to have a well planned and organised injury treatment and management programme operating?

TASK :

Participate in a practical session for the purposes of assessing risk and designing management systems.

Any contact or ball sports will provide opportunities for students to analyse the sporting environment and associated risks of participation

1. Identify and assess the risks involved in participation in the activity.
Outline a series of risk reduction strategies specific to the risks identified
Consider factors such as participant preparation, skill level, rules, equipment, and the environment.

PLAYER PREPARATION :

RISKS : _____

RISK REDUCTION STRATEGIES : _____

SKILL LEVEL :

RISKS : _____

RISK REDUCTION STRATEGIES : _____

RULES :

RISKS : _____

RISK REDUCTION STRATEGIES : _____

EQUIPMENT :

RISKS : _____

RISK REDUCTION STRATEGIES : _____

PLAYING ENVIRONMENT :

RISKS : _____

RISK REDUCTION STRATEGIES : _____

2. Were there any injuries or potentially dangerous situations in the game?

3. Do you think the injuries and dangerous situations could have been reduced with better identification and preventative strategies of the risks involved in the activity. ? Discuss

4. Develop a management plan, that could be used to manage the treatment and referral of an injured athlete.

5. In a school environment, who do you think should be responsible for the development and implementation of risk management strategies?

Introduction:

A risk assessment involves a careful analysis of what could cause harm to the people involved in an activity.

The process involves:-

- identifying the hazard
- assessing the risk
- developing control measures

The benefits of the Risk Assessment will reduce the likelihood of accidents occurring.

This will therefore decrease the chance of injury or ill health and increase performance and participation.

Aim:

To complete a risk and safety management assessment of a range of school sporting facilities.

Procedure:

Task 1: Conduct a risk assessment of the school sporting facilities.

Indoor Courts

| | Good | Adequate | Needs attention |
|---|--------------------------|--------------------------|--------------------------|
| • Lighting | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| • Run off | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| - ends of courts | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| - sides of courts | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| • Padding | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| • Ventilation | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| • Court surface | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| • Surrounds (obstacles on and around court/s) | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

| | | | | | | | | | | |
|---|--|---------------------------------|--------------------------|------|--------------------------------|--------------------------|--|-------------------------|--------------------------|--|
| HAZARD <i>Anything that could cause potential harm</i> | | | | | | | | | | |
| CONTROL MEASURES ALREADY IN PLACE <i>What is all ready in place that has reduced the chance of somebody being harmed by the hazard?</i> | | | | | | | | | | |
| RISK FACTOR <i>What is the likelihood that something could happen?</i> | <table style="width: 100%;"> <tr> <td style="width: 60%;">HIGH (could occur quite easily)</td> <td style="width: 10%;"><input type="checkbox"/></td> <td style="width: 30%;">Why?</td> </tr> <tr> <td>MEDIUM (could occur sometimes)</td> <td><input type="checkbox"/></td> <td></td> </tr> <tr> <td>LOW (unlikely to occur)</td> <td><input type="checkbox"/></td> <td></td> </tr> </table> | HIGH (could occur quite easily) | <input type="checkbox"/> | Why? | MEDIUM (could occur sometimes) | <input type="checkbox"/> | | LOW (unlikely to occur) | <input type="checkbox"/> | |
| HIGH (could occur quite easily) | <input type="checkbox"/> | Why? | | | | | | | | |
| MEDIUM (could occur sometimes) | <input type="checkbox"/> | | | | | | | | | |
| LOW (unlikely to occur) | <input type="checkbox"/> | | | | | | | | | |
| FURTHER CONTROL MEASURES <i>What more can you reasonably do to reduce the likelihood of an accident happening.</i> | | | | | | | | | | |

Outdoor Courts

| | Good | Adequate | Needs attention |
|---|------|----------|-----------------|
| • Run off | | | |
| - ends of courts | | | |
| - sides of courts | | | |
| • Padding | | | |
| • Court surface | | | |
| • Surrounds (obstacles on and around court/s) | | | |

| | | |
|---|--|-------------|
| HAZARD <i>Anything that could cause potential harm</i> | | |
| CONTROL MEASURES ALREADY IN PLACE <i>What is all ready in place that has reduced the chance of somebody being harmed by the hazard?</i> | | |
| RISK FACTOR <i>What is the likelihood that something could happen?</i> | HIGH (could occur quite easily) <input type="checkbox"/> MEDIUM (could occur sometimes) <input type="checkbox"/> LOW (unlikely to occur) <input type="checkbox"/> | Why? |
| FURTHER CONTROL MEASURES <i>What more can you reasonably do to reduce the likelihood of an accident happening.</i> | | |

Ovals

| | Good | Adequate | Needs attention |
|-------------------------------|--------------------------|--------------------------|--------------------------|
| • Run off | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| - ends of oval | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| - sides of oval | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| • Padding | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| • Surface | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| • Surrounds (obstacles on and | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

| | | | |
|---|--|-------------|--|
| HAZARD <i>Anything that could cause potential harm</i> | | | |
| CONTROL MEASURES ALREADY IN PLACE <i>What is all ready in place that has reduced the chance of somebody being harmed by the hazard?</i> | | | |
| RISK FACTOR <i>What is the likelihood that something could happen?</i> | HIGH (could occur quite easily) <input type="checkbox"/> MEDIUM (could occur sometimes) <input type="checkbox"/> LOW (unlikely to occur) <input type="checkbox"/> | Why? | |
| FURTHER CONTROL MEASURES <i>What more can you reasonably do to reduce the likelihood of an accident happening.</i> | | | |

Weight Room

| | Good | Adequate | Needs attention |
|---|--------------------------|--------------------------|--------------------------|
| • Lighting | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| • Padding (on machines) | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| • Ventilation | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| • Surrounds (obstacles on and around weight room) | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| • Correct lifting techniques / safety precautions displayed | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| • Weight storage | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

| | | | |
|---|--|-------------|--|
| HAZARD <i>Anything that could cause potential harm</i> | | | |
| CONTROL MEASURES ALREADY IN PLACE <i>What is all ready in place that has reduced the chance of somebody being harmed by the hazard?</i> | | | |
| RISK FACTOR <i>What is the likelihood that something could happen?</i> | HIGH (could occur quite easily) <input type="checkbox"/> MEDIUM (could occur sometimes) <input type="checkbox"/> LOW (unlikely to occur) <input type="checkbox"/> | Why? | |
| FURTHER CONTROL MEASURES <i>What more can you reasonably do to reduce the likelihood of an accident happening.</i> | | | |

Introduction:

Conducting a pre participation screening can provide the coach or health professional with vital information about individual participants. Knowledge of pre existing medical conditions, previous experience and current activity levels provides important information which can be used to minimise the risk of participation in physical activity. Further information can be supplied from specific fitness testing or medical screening prior to commencing activity.

Aim:

- To develop a pre participation screening questionnaire.
- To administer the questionnaire to individuals in the following age ranges:-
 - i. 16 - 18
 - ii. 25 - 30
 - iii. 40 - 45
 - iv. 55 +

Procedure:

Develop a series of questions to determine the readiness of an individual to commence participating in some form of physical activity.

Include in your questionnaire questions to establish the following:-

- age
- gender
- current activity levels and nature of the activity.
- previous involvement in physical activity establishing nature of activity, frequency and intensities
- current medical conditions and influence on involvement in specific activities
- injuries sustained including severity and influence on participation

Administer the questionnaire to at least one subject from each of the age groups.

Results:

Complete an assessment of each subjects' questionnaire to determine their readiness for participation in physical activity. Review each subject's health status, previous involvement in physical activity and current activity levels.

Subject 1 Age: _____

- ☐ No physical activity
- ☐ Complete medical check up before commencing involvement in physical activity
- ☐ Progressive involvement in physical activity program
- ☐ • include these activities _____
- ☐ • avoid these activities _____
- ☐ Unrestricted physical activity

Subject 2 Age: _____

- ☐ No physical activity
- ☐ Complete medical check up before commencing involvement in physical activity
- ☐ Progressive involvement in physical activity program
- ☐ • include these activities _____
- ☐ • avoid these activities _____
- ☐ Unrestricted physical activity

Subject 3 Age: _____

- ☐ No physical activity
- ☐ Complete medical check up before commencing involvement in physical activity
- ☐ Progressive involvement in physical activity program
 - ☐ • include these activities _____
 - ☐ • avoid these activities _____
- ☐ Unrestricted physical activity

Subject 4 Age: _____

- ☐ No physical activity
- ☐ Complete medical check up before commencing involvement in physical activity
- ☐ Progressive involvement in physical activity program
 - ☐ • include these activities _____
 - ☐ • avoid these activities _____
- ☐ Unrestricted physical activity

Discussion:

1. Discuss the importance of screening individuals prior to participation in an exercise program.
2. Outline the risk factors identified in your pre exercise screening questionnaire.
3. Discuss the risk management procedures you would need to adopt to cater for the subjects you screened.
4. Identify factors that may pre dispose subjects to an increase in the risk of injury.
5. Describe the precautions you could implement to reduce the risk of specific injuries.

